

SEPTEMBER
2018

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September 2018

C.A.R.E.S.....	page 5
Trips.....	page 5
Events.....	page 6 & 7
Daily Calendar.....	page 8
Menu.....	page 9
Social Services.....	page 10
Caregiver Support.....	page 11
Outreach.....	page 12
Stratford History.....	page 12
Keeping You Informed.....	page 13
Men's club.....	page 14

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Lauren Donovan

PROGRAM SUPERVISOR

Lauren Donovan

SOCIAL SERVICES COORDINATOR

Shirley Dominguez

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Erin McLeod

C.A.R.E.S. ACTIVITY COORDINATOR

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Sheldon Burton and Marvin Patrick*

SENIOR CLERK TYPIST

Maureen Barstow

CUSTODIANS

Sam Baldwin, Clyde McLaughlin

NUTRITION PROGRAM

TRIP COORDINATOR

Mary Ellen Cisero 203-375-7878

HANDICAPPED INFO/REFERRALS

Susan M. Pawluk 385-4020

Greetings....

September is National Senior Center Month! The theme this year is "Engage At Every Age!". As the Program Supervisor, I am truly grateful to have the opportunity to plan programs for a community who not only engage in the programs offered at the Center, but who participate with enthusiasm on a regular basis. Thank you for your participation and the opportunity to serve you.

The position of Director of Senior Services was posted in August. I am hopeful that whoever joins our team, will enhance the wonderful community we have at the center with fresh ideas and a new perspective.

National Senior Center month is the perfect time to highlight one of our program areas, transportation. As many of you know, the transportation department has been in transition for a few months. We are back on track with the help of our new dispatcher, Janice Niper. I hope you have had the opportunity to meet Janice. She is a wonderful addition to Senior Services. In addition, I am happy to share that I have received numerous positive comments about Janice, the drivers and the transportation program as a whole.

In addition, Clyde McLaughlin has joined Senior Services as our new custodian. As Clyde starts at 4pm, you may not have had the opportunity to meet him but he will be here during the day when Sam is off. Clyde is very friendly and would welcome introductions from seniors.

It's back to school and back to class at the Baldwin Center. After summer break many classes and clubs resume in September, including Italian, Yoga, book group and watercolors (please check the daily activities calendar for exact dates). We will be celebrating National Senior Center month with some popular annual events, Breakfast at the Beach (September 12) and the BIG B Fall Festival (September 27). Arthur Gottlieb will offer a nostalgic presentation on the 1939 World's Fair (September 18th), and on September 25th, we will revisit 1968 with Frank Owens. Please see page 4 for details.

Looking ahead to October, please save the date for the Annual AARP Halloween Dance on October 24, from 2:30 -5:30 pm. Details to come.

Lauren



KMA

The Law Offices of Kurt M. Ahlberg

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C.A.R.E.S. Corner.....Erin McLeod

ATTENTION ALL! The Baldwin C.A.R.E.S. program has openings for new participants! The C.A.R.E.S. program is an activity-based social model adult day program provided by Stratford Senior Services. This specialized program is designed for seniors who are physically frail or have a memory impairment, but are not yet in need of a medical model program. It provides seniors with a variety of therapeutic recreational activities within a supervised and structured environment. Program hours are Monday through Friday from 9:00 am to 2:30 pm, and takes place here at the Baldwin Center. The cost to attend the C.A.R.E.S. program is \$15/day for Stratford residents, and \$20/day for non-Stratford residents. If you feel someone you know would benefit from the Stratford Senior Services C.A.R.E.S. program, and would like additional program information, or to schedule an assessment, please contact Erin McLeod, C.A.R.E.S. Administrator at (203) 385-4055.

A little *humor* from C.A.R.E.S...

“Work, really? Again? Didn’t I just do that yesterday?!” – sok-kosovo.org

Happy Labor Day

Commission on Aging meetings will resume on September 11 at 10:00 am, in the upper level library.

AARP meetings will resume on September 19 at 1:00 pm in the coffee shop.

Exciting Day Trips!!!

VT Fall Foliage Tour (October 18): Join us for this wonderful Vermont Getaway starting at the Public House and then a tour of the Lincoln Family Home at Hildene. Finish up with goodies from the Apple Barn & Country Bake shop to take home. Cost: \$129.00

Upcoming 2018 Trips: Octoberfest, Phantom, Twin River Casino, UCONN Women’s Huskies
Please stop by the Center for additional trips. Flyers are available in the lobby or for more information call Mary Ellen, Mon-Fri 9am-5pm at 203-375-7878. Please note that all trips must be paid by check made out to Getaway Tours or with the correct amount of cash.

BEGINNER'S CONVERSATIONAL FRENCH

Come learn French through simple phrases and topical vocabulary, with supporting grammatical notions. Classes will begin on September 6th and will run 8 weeks, from 11:30-12:45 in the Baldwin Center library. Fee: \$2, for printing costs. Instructor: Z. Toman. Sign-up at the front counter.

Suggested text is Barron's E-Z French ISBN 978-07641-4455-4. It is a complete self-teaching book, with glossary and vocabulary.



Baldwin Players Broadway Revue
September 7, 12:30 pm

Instead of their usual School Days Show, The Baldwin Players are presenting a FREE musical show which will feature The Baldwin Tap Ensemble! Watch these merry tap dancers strut their stuff on Friday, September 7 at 12:30 p.m., at the Baldwin Center.

September Updates

Blood Pressure Screenings – Provided by Porter & Chester Institute, to be announced.

Card making – Will resume on September 10, 1:00 pm. Must sign up in advance.

Laugh Therapy – Will resume in October.

Reflexology – Private mini-sessions. Fee \$15 cash (correct change) or checks (payable to Linda Leson). Appointments available on Thursdays, September 6 and 20, 12-4 pm.

Reiki – Tuesdays with Nikki Stollman. Fee \$1/ minute; cash (correct change) or checks (payable to Stratford Senior Services). Tuesdays, 2-4 pm. by appointment.

Singles Friendship Club – Next meeting on September 10 at 2 pm in the coffee shop.

Stew Leonard's Trip – Next trip September 25. Please register. Meet in the lobby at 11:45.

**Watercolor classes on Tuesday afternoons with Sabine Bonnar
will resume September 11th.**

Breakfast at the Beach

Wednesday, September 12, 9:00-11:00 a.m.

Wave goodbye to summer at breakfast at the beach. A delicious bacon, egg & cheese sandwich and home fries (provided by Pickle Barrel), along with juice and coffee will be served. We'll also enjoy bingo and bocce at the Short Beach main pavilion. Tickets (\$6) must be purchased in advance by September 7.



1939 World's Fair

Presented by Arthur N. Gottlieb, LCSW, CSA

Tuesday, September 18, 10:00 am

The 1939-40 New York World's Fair, which covered the 1,216 acres of Flushing Meadows-Corona Park, was the second most expensive American world's fair of all time, exceeded only by St. Louis's Louisiana Purchase Exposition of 1904. Join us for this nostalgic program.

AARP Driver Safety Program
Friday, September 28, 9:00 a.m. – 1:00 p.m.
Call Mike Klein to register (203-929-4851).

1968

A Stratford Lifelong Learners Program

Historian Frank Parady will discuss the events of this pivotal year in American history. His talk will cover the assassinations of Martin Luther King Jr & Robert F. Kennedy, the Olympics, the Chicago Democratic Convention, the Vietnam War and other events.

Program will be held on **Tuesday, September 25 at 1:00 pm.** at Stratford Library, Lovell room. Stratford Lifelong Learners is co-sponsored by Stratford Senior Services and the Stratford Library. All programs are free and open to the community.

Don't Miss The Big B Fall festival!



THE BIG
B



FREE RAFFLES: State themed gift baskets. Tote bags and tees by Roberta!

**Thursday,
September 27,
11:00 am – 1:00 pm**

A mini version of the Big E will be held at the Baldwin Center in the main hall on September 27, 11-1. The festival will highlight the famous State buildings. Favorite foods from New England such as baked potatoes and fixins', clam chowder, pizza, cream puffs, fudge, ice cream and more will be provided by our many wonderful sponsors. Unique products will be available for purchase. Bring shopping money! Tickets (\$5) must be purchased in advance. Limited space.

MovieTime

In the riveting suspense drama, **CHAPPAQUIDDICK**, the scandal and mysterious events surrounding the tragic drowning of a young woman, as Ted Kennedy drove his car off the infamous bridge, are revealed in the new movie starring Jason Clarke as Ted Kennedy and Kate Mara as Mary Jo Kopechne. Not only did this event take the life of an aspiring political strategist and Kennedy insider, but it ultimately changed the course of presidential history forever. **Screening on September 21, 1:00 pm.**

September Daily Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>3) CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>4) 9:00 ZUMBA TONE 10:00 SITTERCISE 10:30 LINE DANCE 11:00 YOGA 11:00 SPANISH 12:30 LADIES POKER 12:30 MAHJONGG 1:00 GOLDEN TONES 1:00 PICKLEBALL 2:00 REIKI</p>	<p>5) 9:00 STRENGTH 10:00 BOOK GROUP 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 PICKLEBALL</p>	<p>6) 9:00 AEROBICS 10:00 SITTERCISE 10:30 LINE DANCE 11:00 YOGA 12:30 WII BOWLING 1:00 CHAMBER ORCHESTRA 1:00 PING PONG 1:00 CRIBBAGE</p>	<p>7) 9:00 MEN'S CLUB 9:30 ZUMBA 9:30 MAHJONGG 11:30 CHAIR YOGA 12:30 CARDS 12:30 BALDWIN PLAYERS SHOW 1:00 POKENO 1:00 PING PONG</p>
<p>10) 9:00 AEROBICS 9:30 KNITTING 10:00 STRENGTH 11:00 QIGONG 11:30 ITALIAN 12:45 BINGO 1:00 PING PONG 2:00 SINGLES FRIENDSHIP CLUB</p>	<p>11) 9:00 ZUMBA TONE 10:00 SITTERCISE 10:00 COA 10:30 LINE DANCE 11:00 SPANISH 11:00 YOGA 12:30 LADIES POKER 12:30 MAHJONGG 12:30 WATERCOLORS 1:00 GOLDEN TONES 1:00 PICKLEBALL 2:00 REIKI</p>	<p>12) 9:00 BREAKFAST AT THE BEACH 9:00 STRENGTH 10:00 ZUMBA 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 12:30 WII BOWLING</p>	<p>13) 9:00 AEROBICS 10:00 SITTERCISE 10:30 LINE DANCE 11:00 YOGA 12:00 REFLEXOLOGY 12:30 WII BOWLING 1:00 PING PONG 1:00 CHAMBER ORCHESTRA 1:00 PICKLEBALL 1:00 CRIBBAGE</p>	<p>14) 9:30 ZUMBA 9:30 MAHJONGG 11:30 CHAIR YOGA 12:30 CARDS 12:30 BALDWIN PLAYERS REHEARSAL 1:00 POKENO 1:00 PING PONG</p>
<p>17) 9:00 AEROBICS 9:30 KNITTING 10:00 STRENGTH 11:00 QIGONG 11:30 ITALIAN 12:45 BINGO 1:00 PING PONG</p>	<p>18) 9:00 ZUMBA TONE 10:00 SITTERCISE 10:00 WORLD'S FAIR 10:30 LINE DANCE 11:00 SPANISH 11:00 YOGA 12:30 LADIES POKER 12:30 MAHJONGG 12:30 WATERCOLORS 1:00 GOLDEN TONES 1:00 PICKLEBALL 2:00 REIKI</p>	<p>19) 9:00 STRENGTH 10:00 ZUMBA 10:00 BOOK GROUP 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 AARP</p>	<p>20) 9:00 AEROBICS 10:00 SITTERCISE 10:30 LINE DANCE 11:00 YOGA 12:30 WII BOWLING 1:00 CHAMBER ORCHESTRA 1:00 PING PONG 1:00 PICKLEBALL 1:00 CRIBBAGE</p>	<p>21) 9:00 MEN'S CLUB 9:30 ZUMBA 9:30 MAHJONGG 11:30 CHAIR YOGA 12:30 CARDS 12:30 BALDWIN PLAYERS REHEARSAL 1:00 POKENO 1:00 PING PONG 1:00 MOVIE</p>
<p>24) 9:00 AEROBICS 9:30 KNITTING 10:00 STRENGTH 11:00 QIGONG 11:30 ITALIAN 12:45 BINGO 1:00 PING PONG</p>	<p>25) 9:00 ZUMBA TONE 10:00 SITTERCISE 10:30 LINE DANCE 11:00 SPANISH 11:00 YOGA 12:30 LADIES POKER 12:30 MAHJONGG 12:30 WATERCOLORS 1:00 GOLDEN TONES 1:00 PICKLEBALL 1:00 LIFELONG LEARNERS 2:00 REIKI</p>	<p>26) 9:00 STRENGTH 10:00 ZUMBA 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 PICKLEBALL</p>	<p>27) 10:00 SITTERCISE 11:00 BIG B 11:00 YOGA 12:30 WII BOWLING 1:00 CHAMBER ORCHESTRA 1:00 PING PONG 1:00 CRIBBAGE</p>	<p>28) 9:00 AARP DRIVER SAFETY PROGRAM 9:30 ZUMBA 9:30 MAHJONGG 11:30 CHAIR YOGA 12:30 CARDS 12:30 BALDWIN PLAYERS REHEARSAL 1:00 POKENO 1:00 PING PONG</p>



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Social Services NotesShirley Dominguez**ENERGY ASSISTANCE**

Applications for Energy Assistance for **gas** customers are being accepted beginning Tuesday, **Tuesday, October 2nd**. If you think you are eligible, please contact the Baldwin Center now at 203-385-4055 to schedule an appointment for next month. The following are the income guidelines for 2018:

1 person \$32,514 2 people \$42,519 3 people \$52,523 4 people \$62,528 5 people \$72,532

When applying, you must have the Social Security numbers for everyone living in your household and bring the following documentation for each person over the age of 18 living in the household:

1. Asset Verification- In order to verify your current account balance(s), you must provide statements from every bank/institution that you or any other household member(s) have an account with. (Liquid assets include savings and checking accounts, stock/shares, bonds, CDs and IRAs if over 59 ½ years old. **Please bring ALL PAGES of bank statement even if it is blank!**

2. Monthly Social Security Benefits- If your Social Security or disability benefits are direct deposit to your bank account, you can bring in your most recent bank statement showing the amount of the deposit. If you do not have direct deposit, then bring in the document from the Social Security Administration which states the amount of your monthly check or bring in a copy of the current monthly check.

3. Pension/Annuity- If you are under the age of 72, you must bring a check stub or copy of the check. If the check is received without a stub, you must bring in a letter from the payer on letterhead. If you are over the age of 72 and have direct deposit, you can bring in your most recent bank statement showing the amount of the deposit.

4. Utility Bill- Regardless of how you heat your home, **EVERYONE** must bring in a copy of your most recent electric bill. If you heat your home with gas, you must bring in your most recent gas bill.

5. Rent or Mortgage Payment- Your current rent or mortgage payment as evidenced by your lease or mortgage payment statement, a copy of the check or current rent receipt or current housing notification.

6. Employment- You must submit the four (4) most recent weekly paystubs, two bi-weekly or semi-monthly or one monthly for the period immediately prior to the date of application. If you are missing paystubs, you must bring in a statement from your employer on company letterhead signed by either the employer or the payroll department, stating the gross wages for the missing pay period. (Paystubs will only be accepted if they list your name and/or social security number).

7. Unemployment- A printout of employment benefits from the unemployment office or from the Department of Labor (DOL) website at www.ctdol.state.ct.us

8. Dividend/Interest- Dividend/interest statements for the most recently completed period if more than \$10.00 a month

9. DSS-SAGA/Cash Assistance- Current budget sheet

10. Alimony/Child Support- Divorce decree or Family Relation Court letter or lawyer verifying amount and frequency of alimony and/or child support or child support enforcement letter or printout or bank statement if payments go directly to the bank, or written statement from legally liable relative if voluntary cash support payments are made directly to you.

11. Self Employment- A form will be given to you at the time of your appointment to complete for the last 6 calendar months from the date of the application. This form must be notarized and returned with a current copy of your 1040 IRS form. Include all relevant Schedules (C, D, S, E, K, etc.) and a balance sheet showing how your self-employment earnings supported your household.



Caregiver Support

REASONS WHY A SENIOR MAY NOT EAT ENOUGH

Family caregivers often express anxiety about the small amount of food an older loved one eats. How can you make sure an older adult is getting enough nutrition regardless of how little he or she eats? Caregiver Stress.com, a resource from Home Instead Senior Care, has provided some insight.

It is important to understand most seniors may not need to eat as much as they used to. As we grow older and become less active, our calorie requirements go down. An older adult who lives a sedentary lifestyle does not require as many calories to satisfy the body's energy needs. This reduced calorie need can lead to a natural decline in appetite.

If a person is eating a low volume of fresh vegetables and fruits, lean meats, whole grains and low-fat dairy products, then they might well be maintaining a good nutritional status. However, if an older adult has symptoms of malnutrition like weight loss, poor wound healing or increasing frailty, then you might want to investigate their eating habits.

Here are five reasons why seniors may not eat enough and how you can help:

PROBLEMS CHEWING

- You need good teeth to enjoy food. Ill-fitting dentures, cavities or gum disease can make it difficult or painful for a senior to chew food.
- Seniors with a cognitive issue like dementia may not be able to tell you their mouth hurts.
- Make sure a senior loved one gets regular dental checkups that include checking the fit of dentures.

MEDICATIONS INTERFERING WITH SENSE OF TASTE

- The sense of taste naturally declines with age, and many drugs can further reduce a person's ability to discern the flavors of foods.
- Ask your senior family member if they find eating unappealing because their sense of taste is "off." If this is the case, you might consider speaking with the loved one's doctor to find out how to address the situation medically.
- In the meantime, help the senior identify wholesome foods that will deliver great nutrition.

DEPRESSION

- The life events that occur in older age, such as losing a spouse, can cause mild or serious depression.
- Depression or stress can suppress the appetite and lead to less eating and poor nutrition.
- If you think a senior loved one might be depressed, try asking them about it. Once you open the door to this possibility then you can consult a doctor for help with the situation.
- Companionship, talk therapy, or medications may help to ease depression.

INABILITY TO COOK

- Even people who enjoyed cooking when they were younger may find it challenging to lift heavy pans, chop vegetables and perform other rigorous tasks required to prepare a meal. And if they are cooking for one, they may not find the effort to be worth it. You can help by offering to prep food in advance to make cooking easier. Take one afternoon a week to chop vegetables or meats and put them into easy-open containers to use later that week.
- You also can hire a professional caregiver specifically to assist with meal preparation.

LONELINESS DUE TO EATING ALONE

- Dining alone can magnify loneliness and feelings of depression, which in turn can suppress appetite and lead to poor eating. You can help by spending mealtime with your loved one as often as possible or by telephoning around the lunch or dinner hour. If possible, consider bringing the family together for Sunday dinner.

If you think a senior loved one doesn't get enough calories, is losing weight or appears malnourished, you should contact their doctor.



TIPS TO KEEP YOU SAFE AT HOME

Bathroom Safety Tips

- Clearly mark hot and cold faucets. Turn cold water on first, then the hot
- Always test water temperature before stepping into a bath or shower
- Lower water heater temperature 110 degrees Fahrenheit
- Dry yourself before getting out of the tub or shower and keep non-skid slippers or shoes nearby to put on
- Install grab bars in the bathtub or shower and near the toilet
- Install non-skid strips on bathtub or shower floor
- Consider use of an elevated toilet seat, a tub bench or seat, and hand held shower hose

Medication Safety Tips

- Store medications as directed and out of reach of children and cognitively impaired family members
- Keep a list of all medications you are taking and keep the list in your purse or wallet.
- Never change your medication dosage or schedule without checking with your doctor
- Call your doctor if you experience any side effects from a medication
- Consider using a pill box to organize medications. If needed, ask for help to set up a pill box.
- Consider keeping a log to record the name, time, amount, and type of medication taken

More Safety Tips (Safety tips are like diamonds – you can never have too many)

- Place emergency numbers near phones
- Consider a medical alert device to enable to summon quick help in the event of a fall
- Clear floors of obstacles that might cause tripping (Ex: phone cords and floor mats)
- Install smoke, carbon monoxide detectors and fire extinguishers on every floor and check batteries often
- Entry doors to the home should have strong, bolted locks and a peephole.
- Stairways should be free of objects and handrails should be sturdy.
- Clean up spills right away.

Stratford History - Always Amazing

By David Wright, Editor
Stratford Historical Society's
UPDATE

Prior to the summer of 1893, the train tracks were laid at grade (street) level. Beginning in 1893, the New Haven and Hartford line began raising the train tracks at all the street crossings throughout town. The old train station, which was located at King Street and Linden Avenue, was demolished and a new station was built at the current train station location.

Charles Hughes, a Bridgeport resident, opened a stone quarry business across the street from the old train station in 1880. No doubt, the motivation for Mr. Hughes to open his stone business in Stratford was the availability of stone located in the present day Roosevelt Forest. Unfortunately for Stratford, raising the tracks at the old train station meant Mr. Hughes could no longer operate his business, economically, in Stratford. Stratford lost its then largest employer.

The Newtown Bee
September 1, 1893
STRATFORD

TO REMOVE TO BRIDGEPORT.

The Stratford granite and marble works have moved their plant permanently, to Bridgeport. This they were obliged to do, on account of the difficulty experienced in getting stone unloaded from the cars. The raising of the railroad through the town, removed the side tracks, and it has been impossible for the past three months, for them to get any stock by rail. When the improvements are completed the road will probably put inside tracks for unloading freight, but they will be located so far away from where they were before, that it would be very inconvenient for the granite works if they continued in their old location, and would entail a heavy expense for carting, so it was thought best to give up their business here entirely. They have had an office and salesroom at No. 1 Lyon street, Bridgeport, opposite the railroad station, for the past three years, and have now leased the dock in the rear of their office and will carry on their cutting work there. The business has been established here, for the past 13 years, and from a small concern employing one to two men, has increased to the largest in Fairfield county, employing in the busy season from 18 to 20 hands. It is a loss to any town to have a flourishing business remove from it, but in this case no other course seemed advisable.



Boothe Brothers at the rock quarry in the present day Roosevelt Forest c 1900



Stratford Train Station c 1882 which was located at King Street and Linden Avenue

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- Tips for dealing with stress
- How to fight fatigue
- How to care for your feet
- How to set small and achievable goals

FREE 6 week workshop offered at Baldwin Center:

Thursdays, 1:00 – 3:30 p.m. October 4, 11, 18, 25, November 1, 8.

Register in advance by calling 203-385-4050.

Learn more about the Live Well Programs at: www.cthealthyliving.org



Take Control • Feel Better • Energize • Live • Enjoy Life

A Self-Management Resource Center (SMRC) Program developed by Dr. Kate Lorig, Virginia González and Diana Laurent



The Annual Baldwin Center Picnic was great fun, and a success thanks to the many volunteers who helped out, especially the men manning the grill. *Thank you*

Stratford Senior Men's Club "We meet as strangers; we part as friends."



September Birthdays: We celebrate with our members their birthdays: Bob Batka, Tony Carbone, Frank Kaputa, Ray Kosc, Bill Powell, and Charlie Wargo.

Goings on: September 7th: member Dr. Jack Boitano, PhD., will speak on parasites; on September 21st, our speaker will be Greg Sperling, who has done 3 tours of duty in Iraq.

July 6th our Academy Hill program was rained out, and we met in the Baldwin Center. Bob Mastroni presented on the 7 Founding Fathers, and their place in history. He also spoke on the Dollar bill and its design.

We ramped up preparations for the Golf tournament, the need for sponsors and players, and a discussion on how to obtain them. The tournament was set for August 4th, at Short Beach, proceeds to benefit high school students' scholarships.

July 20th, we were at the beach, eating pancakes and eggs, sausage and home fries. Thanks go out to cooks Bob Mastroni, Joe Saladino, George Hangos, and shoppers and organizers Don Coulson and Harry Tashjian. And others!



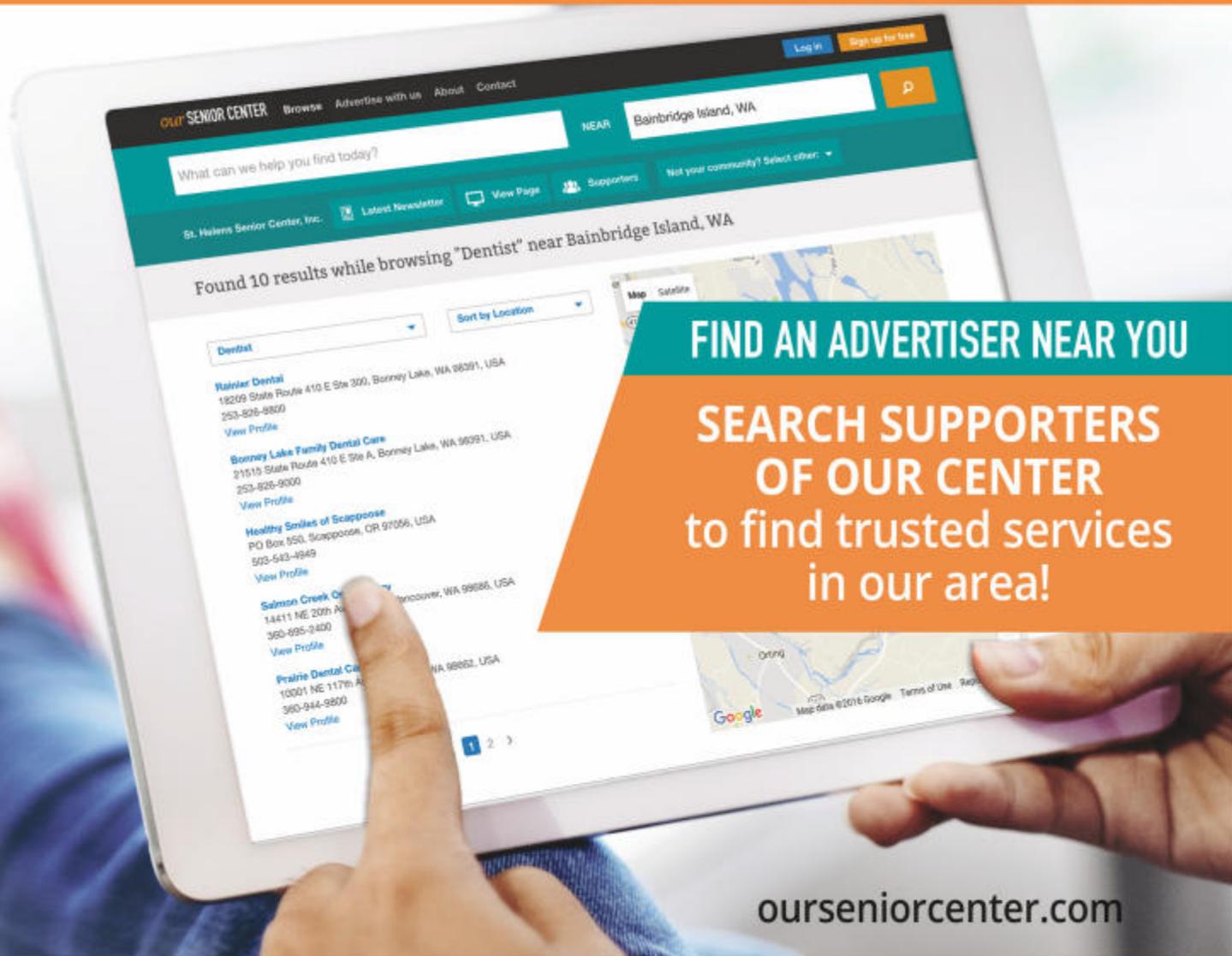
Fresh air! Sunshine! Camaraderie! 38 men showed for breakfast; most ever!

August 3rd members presented on the Spanish-American War, and its history. August 17th welcomed Justin Stanko, former athlete, then Police lieutenant, and bar certified lawyer.

Is the Senior Men's Club something that you would be interested in? We welcome one and all men, age 55 and over. Call president Bob Mastroni for details: 203-362-5675.

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*It's our time to glow!
We have one chance to live life.
Let's bloom while we can!
-Leona J. Atkinson*

